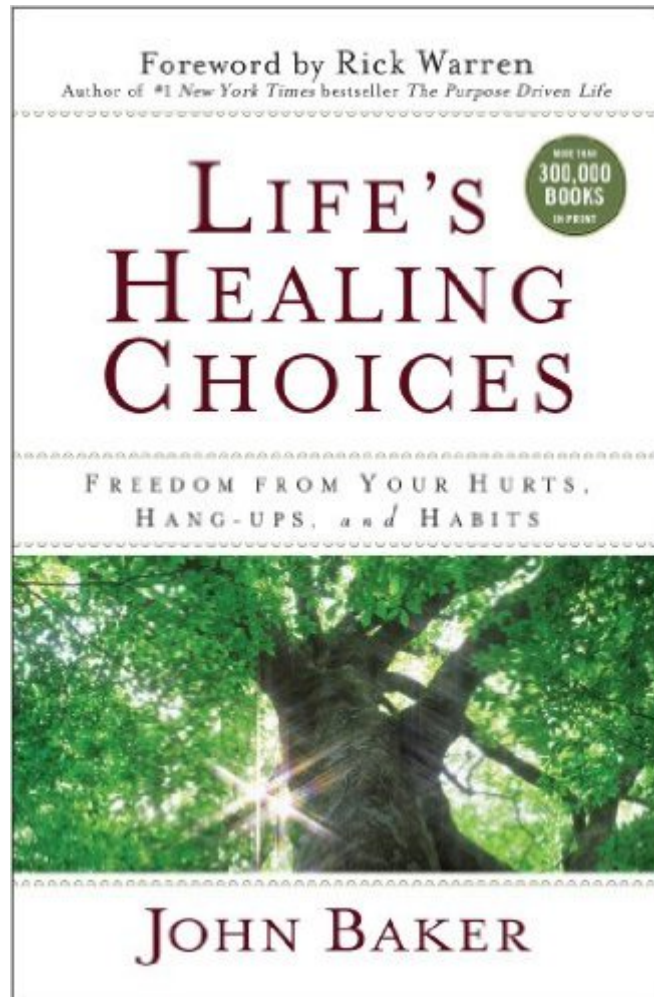


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Life's Healing Choices: Freedom From Your Hurts, Hang-ups, And Habits



Synopsis

With a foreword by Rick Warren, author of *The Purpose Driven Life*, this life-changing book helps you find true happiness "if you choose to accept it. LIFE HAPPENS. Happiness and Healing are yours for the choosing. We've all been hurt by other people, we've hurt ourselves, and we've hurt others. And as a result, every single one of us ends up with some sort of hurt, hang-up, or habit. But the question we all face is, Where do we go from here? Life's Healing Choices offers freedom from our hurts, hang-ups, and habits through eight healing choices that promise true happiness and life transformation. Using the Beatitudes of Jesus as a foundation, Senior Pastor Rick Warren of Saddleback Church and John Baker, who is also a pastor at Saddleback, developed the eight choices shared in this book. In addition to practical, encouraging biblical teaching, each chapter includes two real-life stories of men and women whose lives have been transformed by living out the eight choices in this book. Through making each of these choices, you too will find God's pathway to wholeness, growth, spiritual maturity, happiness, and healing. You'll find real answers, real hope, and a real future -- one healing choice at a time.

Book Information

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Customer Reviews

John Baker has hit the nail on the head! The church as a whole has not done a great job of helping people who struggle with the issues of life--isn't that all of us? Many people go to church with a happy mask on while struggling with personal or relational issues that are unresolved and keep them from being who God designed them to be. As Christians we need to be real to heal. When we deny our problems or hide them from others and pretend that all is fine, we block the greatest thing Christ commanded us to do: Love God with all our hearts, souls and minds; and our neighbors as

ourselves. This is a must read for all who need to continue being "transformed into the image of Christ."

I've been working as a leader in our local Celebrate Recovery ministry and I would have to say that this is the best book I've read about recovery in "non-recovery" language. It deals practically and biblically with everyday hurts, habits & hangups that all of face in one form or another throughout our lifetime. I applaud John Baker for his wisdom in taking this message to the masses in a way that everyone can relate. It breaks the stereotype of typical recovery programs and applies God's truth to healing choices we can make in our everyday life.

This has been a captivating read. It is written for everyone. It includes helpful suggestions and action steps to take in order to move through the hurts and hang-ups that have led to harmful habits. The illustrations help identify areas that have shaped us but that may have been overlooked. The personal testimonies share hope for those still struggling with a variety of life issues. Thank you, John Baker, for putting this together.

Let me say from the start that I love Celebrate Recovery and the ministry of John Baker. I have seen the most incredible life change in people's lives through the Biblical teaching of Celebrate Recovery. Not everyone is going to take a look at CR in person, but they might be willing to read a book at home. I think that as start reading and they start seeing what is possible, they will want all that is being offered to them here. I know that during times of anger, depression, stresses that the verses that used with this program have helped me, and helped me grow in my relationship with God. I don't care what a problem is that people are struggling with, it is a great tool, to help everyone with their hurts, habits and hangups. John, thanks for writing this book. Thanks for your ministry!

The fact that we have all made mistakes, we have all been hurt and we have all hurt others makes this book a must read for everyone. John will take you on a journey that will, by the choices that you make along the way, change your life. I hope to see down the road to healing at CR.

This book is powerful! Pastor John Baker has hit not just a home run but a grand slam with this remarkable read. My personal journey down the road to recovery, as well as that of my family has gone to a new level in the past four months as a result of utilizing Life's Healing Choices. This is a tool, and I emphasize the word "tool" that not only serves to qualify the steps of recovery but will be

used for many years to come. This is a must for everyone searching to make the next right choice!

I am a member of Celebrate Recovery and we have been watching the videos and listening to the CD's of this series. This book goes much more indepth. So far I have only worked through the second chapter, but already I am feeling the impact of this life changing message. John Baker writes from his heart and his own personal experience in a very lovable and easy to understand fashion. It's so encouraging to know I am not alone on my journey of recovery! There's very emotional testimonies from people who have experienced a lot of pain from others and self inflicted pain that have found healing as a result of working through the 8 principles. I highly recommend this book if you are ready to make the choice to look at your issues and start on the road to healing. This book would be the equivalent to AA's "Big Book" only in Celebrate Recovery we know our Higher Power is Jesus Christ! There is no true healing without Christ. He is the Great Physician and Counselor!

If you aren't going through a Celebrate Recovery Step Study (I highly recommend you do that!), this is a good book to understand the basics of Celebrate Recovery and the 8 Principles. In a Step Study, you will go through 4 Guide Books/workbooks that cover what is in this book but more in depth. This was written in 2007 and back then I guess, they were being called the 8 Choices--now they are called the 8 Principles. Celebrate Recovery may not be for everyone but what Celebrate Recovery offers IS for EVERYONE!!! Go to a Celebrate Recovery meeting and find out how you can find healing for your hurts, hang ups and habits! It's really not only for "those" people! We ALL have hurts, hang-ups & habits that need God to heal and this is what God is using in millions of lives--it's all over the world!!

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